

Games

Bingo : No registration. \$1 at door. Prizes; refreshments served.

Game Time: Mexican Train Dominoes, cards, and board games are available or bring your own! No registration. \$1 at door. Refreshments served.

Farkle: No registration. \$1 at door. Refreshments served.

Recurring Activities

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee.

***Sewing On the Line Quilt* Guild:** Share ideas while learning new skills and contribute to the community by donating quilts to area charities.

Sing-Along Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

Yarn Connection: Learn new skills and have fun with friends. We provide yarn, hooks/needles, patterns, snacks and laughter. Help the community by working on charitable projects. No registration or fee.

Exercise Classes

Chairside Exercise: Range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee.

Move It or Lose It: Range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Vita Band: Use resistance bands for range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Council on Aging Policies

The programs and events listed on the calendar are held at the *Council on Aging*, 1830 S. Broadway, unless otherwise noted. Please refer to the individual flyer on each function for more detailed information or call 684-0777.

Age Eligibility: All activities, programs, and events are open to adults age 50 and older, unless otherwise specified. Contact the Leisure and Learning department, 684-0777, for information.

Registration and Payment Policy:

All activities, programs and events require registration unless noted. Functions that require a program fee must be paid in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA. A trip lottery with a deadline of month before the trip will be utilized to allow equal opportunity to attend day trips.

Cancellation Policy: A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund. Cancellation less than 3 business days will not be refunded.

Transportation: If you need transportation to and from any function please call the transportation desk, 684-0778 or 684-0808, to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

Consumer Rights: All services are provided without discrimination on the basis of race, color, religion, national origins, or sex. If you feel you have been discriminated against you have the right to file a complaint. Please contact the Director at (913) 684-0777.

For the hearing impaired TTY # 1-800-766-3777

Si sientes que has sido discriminado, llame al
1-866-305-1343

LEAVENWORTH COUNTY COUNCIL ON AGING

OCTOBER 2021


Leisure & Learning Program Calendar of Events



1830 S. Broadway
Leavenworth, KS,
66048
Telephone: 684-0777
Fax: 684-0779

E-mail: seniors1st@leavenworthcounty.gov
Website: www.leavenworthcounty.gov/COA

OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	New Events
 Sponsored by: Council on Aging 1830 S. Broadway Leavenworth, KS,				1 15th Annual Meals on Wheels Benefit 5:00-9:00pm	Walk for Health: Join Jessica for a group walk at 9:00am. No registration needed. Oct. 5—Angel Falls Trail, Lansing, Oct. 19—Chieftain Park, Tonganoxie. No registration or charge. Secret Pal Social: The mystery letter writers will be revealed to their pals and enjoy refreshments. We will also sign up for next year's program. Call Joni for more information. We provide notecards and you choose someone to receive them. One of the pair must be a senior, the other may be any age. RSVP; no fee.
4 VitaBand Exercise 8:30–9:30am Coffee Group 9:00-10:00am Move It or Lose It Exercise 9:30 -10:00am Grief Support Group 10:30-11:30am	5 Walk for Health at Lansing Angel Falls Trail 9:00am Let's Roll with Sister Vicki* 11:00–3:30pm Sing-a-Long Choir 1:00-2:30pm	6 Chairsides Exercise 8:30–9:30am Move It or Lose It Exercise Class 9:30 - 10:00am Bingo 1:00-2:30pm	7 COA Community Outreach Exchange Bank in Easton 10:00-11:00am Secret Pal Social 1:00-2:00pm	8	Around Emily's Kitchen Table: Cooking class featuring loaf pan lasagna, cheddar garlic biscuits, tiramisu cups. RSVP; prepay by Oct. 12; \$6 includes demo, recipes and lunch.
11 CLOSED: COLUMBUS DAY	12 Stay Strong, Stay Healthy Class 11:00–12:00pm Let's Roll with Sister Vicki* 11:00–3:30pm Book Review 10:00-11:00am	13 Chair-side Exercise 8:30–9:30am Move It or Lose It Exercise Class 9:30 -10:00am Caregiver Support Group @ Tonganoxie Riford Center 1:00-2:30pm Game Time 1:00-3:00pm	14 COA Community Outreach Tonganoxie Riford Center 10:00-11:00am <i>Sewing on the Line</i> Quilt Guild 1:00-3:00pm Flu/Pneumonia Shot Clinic 10:00am-3:00pm	15 Around Emily's Kitchen Table 11:00am-12:30pm	Around Emily's Kitchen Table: Cooking class featuring loaf pan lasagna, cheddar garlic biscuits, tiramisu cups. RSVP; prepay by Oct. 12; \$6 includes demo, recipes and lunch.
18 VitaBand Exercise 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It Exercise Class 9:30 - 10:00am	19 Walk for Health @ Chieftain Park, Tonganoxie 9:00am Let's Roll with Sister Vicki* 11:00–3:30pm Sing-a-Long Choir 1:00-2:30pm	20 Chair-side Exercise 8:30-9:30am Move It or Lose It Exercise Class 9:30 - 10:00am Grandparents Support Group 10:00-11:00am Bingo 1:00-2:30pm	21 Quilt Town USA Trip 8:45am-4:00pm COA Community Outreach Basehor Library 9:00-10:00 Yarn Connection Group 1:00-3:00pm	22 Lunch and a Movie: <i>Hocus Pocus</i> 11:30am	Lunch & Movie: <i>Hocus Pocus</i> with chicken wild rice soup, apple/cranberry salad, and pumpkin gooey butter cake. RSVP—limited seating; prepay \$4.
25 VitaBand Exercise 8:30 – 9:30am Move It or Lose It Exercise Class 9:30 - 10:00am	26 Let's Roll with Sister Vicki* 11:00–3:30pm	27 Chairsides Exercise 8:30 – 9:30am Move It or Lose It Exercise Class 9:30 - 10:00am Farkle 1:00-3:00pm	28 COA Community Outreach Linwood Library 9:00-10:00am	29 Halloween Party 1:00-2:00pm	Farkle: Farkle begins this month as a regular game on the 4th Wednesday of each month. No registration; \$1 at door. Refreshments served. Halloween Party: Break out your creative costumes or spooky attire! Join us for treats and costumed fun! RSVP; \$3 at the door.

*For additional information about *Let's Roll with Sister Vicki*, please contact Elaine Belardo at *The Deeper Window Association*: (301) 676-7538.
 Newly-added activities are represented in bold print.